

Road Race Grand Prix Standards for 2026

Over the last 5 years we have tweaked the Road Race Standards to initially increase female participation and then to even out some of the standards. Throughout this process we have been aware of the changing picture on performance standards taking place due to shoe technology and in the use of bicarbonate in the shorter distances. This has resulted over the years in an increasing number of Grand Prix shares. While it is good to spread these awards round the competing athletes the resultant payout value is decreasing.

We have reviewed the Grand Prix results and would propose to make the following changes for 2026

See the below spreadsheet for the recommendations for this year

Scottish Athletics continue to look for sponsorship for these awards.

Men	2025		2024		2023		2022		2019		Men	2025		Proposed for 2026	
	A	B	A	B	A	B	A	B	A	B		A	B	A	B
5km	4	7	0	4	3	7	4	10	1	5	5km	14.15	14.30	14.10	14.25
10km	2	1	2	2	0	1	1	3	2	8	10km	30.00	30.30	30.00	30.30
10mile	5	3	4	1	3	3	1	2	2	3	10mile	50.00	51.00	49.00	50.00
1/2 marathon	0	7	0	5	0	5	2	2	1	1	1/2 marathon	65.00	67.00	65.00	67.00
Marathon	1	6	2	2	4	0					Marathon	2.20	2.24	2.19	2.23

Women	2025		2024		2023		2022		2019		Women	2025		Proposed for 2026	
	A	B	A	B	A	B	A	B	A	B		A	B	A	B
5km	4	2	4	3	2	1	0	1	3	0	5km	16.20	16.35	16.10	16.25
10km	2	1	3	1	2	1	1	0	1	0	10km	34.30	35.00	34.30	35.00
10mile	1	0	2	0	2	2	1	1	1	1	10mile	56.20	57.20	56.20	57.20
1/2 marathon	4	1	3	1	3	0	1	0	0	2	1/2 marathon	76.00	78.00	75.00	77.00
Marathon	3	1	1	1	0	1					Marathon	2.44	2.48	2.40	2.44

All times have remained the same bar mens 5km

	2025	2024	2023	2022	2019
5km	14.15/30	14.15/30	14.20/35	14.20/35	14.30/45